



The Informer



Apr, May, June 04

Issue 45

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**11 April -
Easter**



**31 May -
Memorial Day**

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This newsletter is published by the Vandenberg AFB Family Support Center, 30 MSS/DPF. If you have questions regarding this newsletter or its contents, please contact your Informer Editor at (805) 606-0039.

For Your Information



*Salute to Youth
17 April 2004, 1300-1500*

Location: Youth Center

Performances include:

Security Forces dog demonstration, Dance Academy, Kempo Karate, Gymnastics, and Cheer Tumbling



Team Vandenberg Says Thank You!

Volunteer Appreciation Ceremony
19 Apr 04, 0930 - 1130

Pacific Coast Club
RSVP: 606-0039



Vandenberg Air Force Base Job Fair '04

DATE: 26 MAY 04

TIME: 1000 - 1400

LOCATION: Pacific Coast Club

SPONSORED BY: The Family Support Center

Call 606-0039 for more information



The Global Hearts Group offers you support, answers to questions, and tries to make your separation from your spouse as stress free as possible. Let us help you with your deployment related needs. Many services are available. Call 606-0039 to find out how we can help.

See page 4 for more details

FAMILY SUPPORT CENTER

723 Nebraska Ave, Bldg 10525

Phone: (805) 606-0039 Fax: (805) 606-3743

TRANSITION ASSISTANCE SERVICES

Phone: 606-0039



4- Day Tap Seminar: 0800-1630. This is a highly recommended seminar for those who are scheduled to be separated or retired from the military service 2 years and 1 year out respectfully. Speakers from VA, DVA, DoL, DoD, Relocation, and Education brief you on job searching, networking, resume writing, interview techniques, negotiating salaries, coping with transition, federal employment opportunities, relocation, education, vocational opportunities and other topics. Spouses are accommodated on a space available basis.

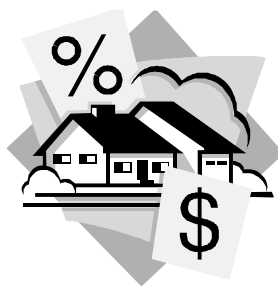
Pre-Separation Briefing (DD Form 2648): This mandatory briefing is for military members scheduled to retire or separate and must be completed at least 90-120 days prior to departure. Subjects covered include employment benefits, relocation, education training, medical, financial, disability, and more. The DD Form 2648 acts as a checklist to identify Pre-Separation subjects of interest as a basis for development of an Individual Transition Plan (ITP). The completed form is required for final out-processing. Spouses are more than welcome and encouraged to attend. Registration is not necessary.



The Family Support Center (FSC) Transition Assistance Program is here to help you when you have made that decision to separate or retire from active duty. This is a program you should take advantage of as soon as you have made that vital decision. Don't wait until you are about to head out the front gate to come into the FSC for assistance. Let our friendly and knowledgeable staff help you with your resume', cover letter and job search efforts. We have numerous resources available to you. Please call or stop by and let us help.



Computer Resource Room: Contains computer support for completing the Federal Job Kit, resumes, applications, and the Scholarship Resource Network. Internet connection is available for transition, relocation, and family member employment needs. Local and nation wide opportunities are posted and a library of books about job searching, resumes, cover letters, and interviewing are available for check-out. Hours: 0800-1600.



CAL-VET Home Loan: One of the major Veterans' benefits is the Veteran's Home Loan guaranty. It is given to Active duty members, retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic CAL-VET Home Loan process and be cognitive of potential pitfalls.



PERSONAL & FAMILY READINESS SERVICES

Phone: 606-0039

Attention! Active Duty Personnel

As soon as you are notified that you are deploying, going on a remote or TDY for more than 30 days, contact the FSC Readiness Office to schedule an appointment.

The Home Front Project: Park University and V-Campus Corp. have joined together to create and now offer a free online learning campus to help families of U.S. military personnel prepare for the numerous ways in which mass deployment may impact their lives. The Coping with the Effects of Deployment Course modules include:

- ~ *Effects of deployment*
- ~ *Stress management*
- ~ *Talking to your children*
- ~ *Job interviewing*
- ~ *Continuing education*
- ~ *Family finances*
- ~ *Family health*
- ~ *Advice on routine maintenance such as basic automotive care*

Go to <http://www.vcampus.com/homefront/> to sign up.

E-mail us at
Globalheartsgroup@vandenberg.af.mil



Visit our Website at www.vandenberg.af.mil/30sw/organizations/30sg/global-hearts/index.htm

Family Readiness Reunion

Briefings: The purpose of reunion briefings is to provide information to service members and families, which will ease family's transition and readjustment. It will address planning the homecoming, reuniting and relationship building with all members of the family. This briefing is for both service and family members who may have questions or concerns about reunion. Please call 606-0039 to sign up.

~ FYI ~

If you are a spouse or dependent of a deployed member, you are eligible to eat at the Breakers Dining Facility each Thursday night from 1800 to 1900. Call the Services Squadron at 606-5031 for more information.



Hearts Apart Program: This program provides free bi-weekly morale calls twice a week for 30 minutes total to immediate family of military members who are deployed, TDY, or remote. Call to sign up.



Videophone Program: This program provides videophone communication for the immediate family of military members who are deployed or remote of TDY. Call 606-0039 to schedule an appointment.

Personal & Family Readiness

Briefings: Be prepared for all facets of military life! Briefing provides preparation information and assistance to individuals or families who are going remote, TDY for more than 30 days, or on deployment. Briefings are held weekly at 1400 (call to schedule). One-on-one briefings are available if you would like your spouse to attend.

Global Hearts Lawn Service

Global Hearts will offer Lawn Care Service to any Spouse/Family whose sponsor is deployed or on remote assignment.

Lawn Service will be performed by teams of volunteers.

Households requesting Lawn Care Service may be put on waiting list until a volunteer Lawn Care Team is developed and assigned.

Lawn Care Teams will be assigned no more than 3 houses unless they feel they can take on extra yards.

Times for Lawn Service will be worked out between the Team Leader and the Spouse.

Lawn Service will consist of mowing and edging only.

Any damage done is the responsibility of the household, not the Lawn Service team nor Global Hearts.

Any problems with the Lawn Service will be directed to Global Hearts by contacting the Family Support Center.

This is a totally volunteer program and depends on volunteers in order to successfully reduce the stress on families whose sponsor is deployed or serving a remote assignment.

Absolutely no money or payment is required for this service.

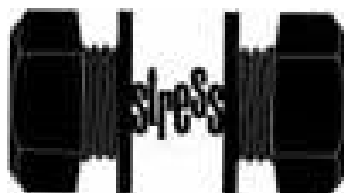
To sign up for Global Hearts Lawn Care or for more information, please call the Family Support Center @ 606-0039.

FAMILY & WORK LIFE SKILLS SERVICES

Phone: 606-0039

Deployed Spouses Support Group:

Come have lunch with other spouses at the Family Services area. Topics will be understanding power of attorneys, chat with a first sergeant, stress management for yourself and kids, tips for successful reunions, etc. On-site child care will be provided. Reservations are required!



The Stress & Self Management Class:

It will run every Monday for 6 weeks from 1400-1600 at the Health & Wellness Center (HAWC). You will learn that the events in life that trigger distress, many times, are caused by thinking styles, and what some tools are to help minimize negative stress. You will learn skills on dealing with conflict, relaxation techniques, and positive lifestyle choices. We will also cover strategies to reduce and control anger, how your anger style was learned, early signs of anger, and self angering thoughts. Take this class and be more in charge of your life. For more information, call 606-0039 or 606-8217.

Marriage Enrichment: Offered on a one-on-one basis for couples, married or planning to marry, who would like to enrich their relationship. They will be provided with education and coaching on communication, personality/temperament styles, and stress management at home will be provided. Call for an appointment.

Single Parents Support Group:

Every 4th Tues of the month from 1130-1300 at the Services Center. Single parents will meet other single parents and discuss any stressors concerning their responsibilities at home or at work. No registration required.

INFORMATION & REFERRAL SERVICES

Phone: 606-0039

The I & R program is designed to give information on programs and services offered in the Vandenberg community; on and off base. Call the Family Support Center if there is a service, program, location, or phone number you are looking for. Air Force One Source is a free Information & Referral Service for Air Force members and eligible dependents. You can contact them at 800-707-5784 or www.airforceonesource.com. Consultants are available 24 hours a day, 365 days a year. Air Force One Source is for anyone needing support services after hours or on weekends, individuals and families separated from installations, and when you prefer the convenience of a phone call or an email.

Receive information on topics such as:

- Adoption
- Base and Local Clubs/Associations
- Citizenship
- Disability
- Department of Motor Vehicles
- Education
- Elder care
- Family Home Daycare Providers
- Home schooling
- Local Area Information
- Maps/Phone books
- Santa Maria & Lompoc Preschools
- Scholarships
- Support Groups
- Transportation
- Women, Infants, Children (WIC)
- and more. . .



Heart Link

Call the Family Support Center for scheduled dates and times.

Heart Link is offered monthly in conjunction with Newcomer's Orientation. Personnel and spouses attend together for the formal briefings that address the 30 SW mission and base services. After the Community Fair, spouses break off to continue the Heart Link agenda. This is an ideal way for spouses new to the Air Force or just new to Vandenberg to learn about the Air Force way of life on the Central Coast of California. Call 606-0039 for more information.

CAREER FOCUS SERVICES

Phone: 606-0039



Winning Interviews & Setting a Professional Image:

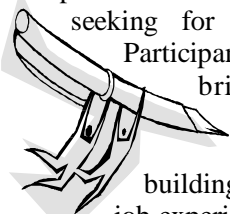
Receive information on preparing before the interview up to the follow up letter. Learn the fundamentals of interviewing, necessary preparations, types of interviews, and what to expect. Workshop is open to all active duty personnel, spouses, family members, retirees, and DoD civilians.



The Mechanics of Resume Writing:

Learn about the different types of resumes: chronological, functional, and electronic resumes. Hear about resume "do's and don'ts", resources, and tips on building a powerful resume that will get you an interview. Hear from a guest speaker who will give tips on what employers are seeking for on a resume.

Participants are asked to bring pertinent information needed for building a resume (i.e.: job experience, education, training, skills, position descriptions, etc). Eligible participants are all active duty personnel, spouses, family members, retirees, and DoD civilians.



Successfully Transitioning To Your New Job

by Carole Nicolaidis, www.careerbuilder.com

Whether you change companies or stay at the same firm but assume a new role, changing positions is never an easy process. Did you ever know anyone who was brilliant and intelligent? But then they assumed a new role and (for whatever reason) portrayed a not-so-good image? The stress of a job transition can be enormous. However, perception is reality. The way you behave, talk, make a decision, or dress is an impression that most people will remember you by until the last day on the job. Below are a few tips to keep in mind when your new job comes through. These will help you make a smooth transition, and an overwhelmingly good impression!

1. **Take it easy.** Many people try too hard their first weeks. Rather than making every effort to appear to be a "Super Employee"... relax. Anxiety is the cause of many new job mistakes.
2. **Figure out the key players of the organization.** People tend to think in terms of formal chains-of-command that have a direct influence on the company. There are always several people in the office who are "in the know". Your success may lie in finding out which ones know so much and which ones know someone.
3. **Avoid the trap of the gossip mill.** By heading such behavior off at the pass, you're avoiding becoming involved in something you'll later regret.
4. **Remember not everyone will like you.** It's impractical to think that everyone at your new company will like you. If you find yourself facing an unsupportive coworker, ignore it if possible. By not allowing yourself to be swayed by unprofessional behavior, you might actually win the person over.
5. **Create partnerships.** Successful leaders from a variety of industries have one thing in common- they are wonderful networking gurus. They get to know people very quickly and engage them in their activities. People will provide you with ideas and suggestions that you have not even thought of, and relationships will begin to bloom.
6. **Use all your energy to focus on the right things.** Before beginning a new position, make a plan of what you hope to accomplish. Perhaps you want to lead large projects or earn two promotions during your first year.
7. **You have to become visible in your first few months.** People need to know who you are and why you were hired. Decide, right from the beginning, how you would like to be "branded". Whichever path you choose, visibility will help you to make a name for yourself.
8. **Take extremely good care of yourself.** During this transition be sure to take every opportunity to care for you! You'll want to be perceived as a well-rounded person that enjoys success on the job, and off.

Computer and Clerical/Administrative Tutorial and Testing Services: The Family Support Center has a computer-based self-tutorial program that instructs you on operating various computer programs and increasing your secretarial/clerical skills. Call to sign up for your computer time.

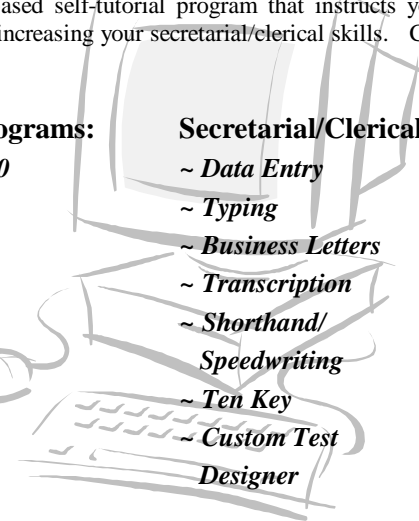


Computer Programs:

~ Windows 2000
~ Access 2000
~ Excel
~ Lotus
~ PowerPoint
~ Platform
~ Word 2000
~ WordPerfect
~ Publisher
~ WordPro

Secretarial/Clerical Skills:

~ Data Entry
~ Typing
~ Business Letters
~ Transcription
~ Shorthand/
Speedwriting
~ Ten Key
~ Custom Test
Designer



PERSONAL FINANCIAL MANAGEMENT SERVICES

Phone: 606-0039

Thrift Savings Plan: This 401K type plan will allow military members the opportunity to accumulate long-term, tax deferred savings. Get the information you need on enrollment, investment vehicles, and much more. Check out the thrift savings plan at: www.tsp.gov.

CSB-REDUX/Career Status

Bonus: Did you know that the new Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits. Would you like to trade retired pay for a lump sum today? Get the help you need now to make your decision and better understand your payment options.

Financial Planning: Are you ready for retirement, college, estate planning, tax saving, or a second career? This workshop is designed to help you understand how to create a financial plan that meets your daily and future needs. Learn about budgeting, investing, and developing a good spending plan. Sign up today and get the information you need to help you make decisions that affect your future!

Financial Basics: Need financial advice? Learn the financial basics such as checkbook maintaining, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology and making your paydays count!



Need Money for College? Stop by the Family Support Center, Bldg. 10525 and look at the Scholarship Resource Network (SRN) book and CD. The resource is here to assist in finding the best possible funding for almost every school and desired curriculum. You can access scholarship, grants, financial aid and other funding resources. You will see exactly what paperwork is involved and other necessary requirements to qualify. Our hours of operation are 0800-1600, Monday-Friday. Call 606-0039 for more information.

FOOD PANTRY

Phone: 606-2960 or 606-0039

The Food Pantry is a volunteer program that assists military personnel and their family members experiencing financial hardship by collecting and distributing donated food and other products. Families are provided with a certain amount of food to help them get through a payday to payday existence. In addition, the food Pantry distributes USDA commodities to qualified families according to income.

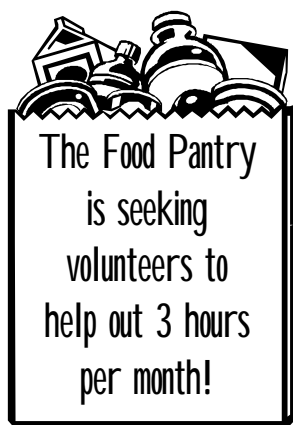


Who is eligible to use the Vandenberg Food Pantry? Any Active Duty family who finds themselves in a financial emergency with no food in the house may apply for immediate help. All Active Duty personnel living at or attached to Vandenberg, who meet the EFAP guidelines for the USDA food giveaway program qualify.



EFAP Maximum Income

Household Size	Monthly Household Income	Annual Household Income
1	\$1,044	\$12,528
2	\$1,407	\$16,884
3	\$1,769	\$21,222
4	\$2,132	\$25,578
5	\$2,495	\$29,934
6	\$2,856	\$34,272
7	\$3,219	\$38,628
8	\$3,582	\$42,984
9	\$3,944	\$47,322
10	\$4,307	\$51,678
Over 10	Add \$363	Add \$4,356 ea.



AIR FORCE AID SOCIETY

Phone: 606-0039



Bundles For Babies: This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Advanced registration is required.

Respite Care Program: Intended to assist those who cannot afford care and would otherwise never get a "break". This program is based on necessity as well as financial need and is always given as a grant. Families are referred to AFAS through the Exceptional Family Member Program (EFMP) or Family Advocacy. Please be advised that you must be seen by the Exceptional Family Member Program (EFMP) staff at Family Advocacy.



Car Care Because We Care: Available to eligible spouses of ADAF members deployed for more than 30 days or on a remote tour, and first term airmen. This program keeps the "primary" family vehicle of ADAF members in top running condition by preventive vehicle maintenance. Maintenance includes oil & filter change, lubrication, and vehicle safety checks on a grant basis. Come to the Family Support Center AFAS office for your Car Care Because We Care certificate.



Give Parents A Break Program: Available to eligible parents for a few hours break from the stress of parenting. Families must be referred by the Squadron CC, First Sergeant, Chaplain, Family Support Center personnel, a medical professional, Child Development Center, or Family Advocacy. Please be advised that you can not register for this program over the telephone. Please come to the Family Support Center AFAS office. PARENTS—before registering your child for the program, please make sure that your child's shot record has been kept up to date.

*Come see what
Air Force Aid
can offer you!*

Nursing Mom's Program changes: Effective immediately, the \$100 grant feature in the Nursing Mom's Program is eliminated. The AFAS will continue to offer an interest-free loan up to \$200 for purchase or rental of a breast pump. Because the program will now be all-loan, the rank-restricted provision no longer applies and applicants will not be required to participate in the New Parents Support Program. The point of contact now for a loan to purchase or rent a pump will be the Air Force Aid Society Officer, not the Family Advocacy Nurse Specialist. The front of the AFAS application will need to be completed, however, a budget will not be required. The check should be written to the vendor or place of purchase. If you have any questions, please refer them to the number above.

JOINT RETIREE ACTIVITIES CENTER

Bldg 10364, Base Exchange area (across from Four Seasons)

Phone: (805) 606-5474



The Retiree Center offers a comfortable facility, consisting of a reception area, computers with Internet access and lounge area complete with big screen TV, and VCR. A wide variety of reading materials are available, also. The Retiree Activities Office is located in Bldg 10364, across from the Home & Garden Store.

National Society of Military Widows, Chapter 44. Meets the second Wednesday of every month at the Retiree Center for their business meeting. Contact the Retiree Center at 606-5474, for more information.

SPECIAL NOTE:TAX OFFICE

This year the tax office is shifting their operations from the Legal Office, to a room inside the Retiree Activities Center. For information or an appointment, call Ann Fox at 606-3650 no later than 15 April 2004.

Quarterly Potluck Luncheon –17 June 04

The Retiree Activities Center will be hosting a potluck luncheon at 1200, followed at 1300 by a guest speaker - TBA. Bring your favorite dish, and share with your fellow retirees.



FAMILY ADVOCACY CENTER

338 South Dakota Ave, Bldg 13850

Phone: (805) 606-8217 Fax: (805) 606-9421



Operation Baby Launch: Meets every second Monday of the month in the 30 Medical Group Auditorium (across from the Orderly Room on the First Floor).

A health care information meeting for expectant parents or anyone anticipating starting a family. Get information on healthcare options and benefits. No registration required.

Dads to New Dads Program: As a new dad you may have questions/worries about your new role in life. You may also be feeling unsupported. This program is a mentorship program that provides you special support during this time in your life. Call 606-8217 to enroll.

Moms to New Moms Program: As a new mom you may have questions/worries about your new role in life. You may also be feeling unsupported. This program is a mentorship program that provides you special support during this time in your life. Call 606-8217 to enroll in this program.

Women's Group: Every Tues from 1400-1600. This group helps to enhance women's lives through a process of learning assertiveness skills, building self-esteem and sharing life experiences with other women. Contact Julie Ramsey to make an appointment.

Depression Management Class: Are you bothered by feeling down, depressed, or hopeless? Do you have less interest or pleasure in doing things? Talk with your Primary Care Manager (PCM) or a Life Skills provider to see if this 6-week class is right for you.

Little Ones Lost Grieving Group:

Active duty members, dependants, and civilians have a safe and confidential forum for sharing and support regarding a families' recent miscarriage or fetal demise. For further information contact the Family Advocacy Home Nurse Specialist at 606-8217.

Survivors of Sexual Abuse: This on-going educational support group for survivors will be held every Wednesday from 1330-1500. The discussions/educational activities will be held in a safe environment in a confidential setting and the group will be limited to no more than six to effectively allow survivors quality time together.



HEALTH AND WELLNESS CENTER

1539 Iceland Ave, Bldg 8505

Phone: (805) 606-2221



Tobacco Cessation Program:

Tuesdays from 1200-1300. A 6-session class conducted at the HAWC. Topics covered are reasons why people smoke, effects of smoking, why people can't quit. Prescriptions for nicotine patch or Zyban are available. Individuals need to attend all 6 classes starting with class one. Evening classes are now being offered Thursdays from 1600 - 1700. The dates are as follows:

March 25th - Apr 29th
June 17th - July 22nd

For individuals unable to attend the day or evening classes we now offer a Take Home Tobacco Cessation CD Rom, for more information please call the HAWC @ 606-2221.

The HAWC now conducts the following classes for the Fitness Improvement Program:

Fitness Improvement Program (FIP) - Every other Tuesday from 0730 - 0930 at the Base Gym

Healthy Living Workshop (HLW) - Every other Tuesday from 1000 - 1200 at the HAWC.

Body Composition Improvement Program (BCIP) - Every other Tuesday from 1300 - 1600 at the HAWC.

Please register at www.php-ids.com



Pre-Post Natal Exercise:

Breastfeeding Education & Infant Care:

Separate quarterly classes that are offered to all active duty, dependents of active duty, retirees and their dependents, civilians and contractors. Call the HAWC for scheduled dates and times.

Relaxation Room: 0830-1530 Mon-Fri. Come sit in the massage chair, listen to soft music, and melt your stress away. Call the HAWC to reserve your 30 minute session.

Racquetball Court: Available 0830-1530 Mon-Fri. Reservations are required.

Risk Reduction Series: This is an on-going program, with weekly counseling & classes at the HAWC. Classes are held the first thru third Thursday of every month from 1400-1600. Weekly class topics rotate and will cover Diabetes Lifestyle & Meal Planning, Cholesterol-Heart Disease & Meal Planning, High Blood Pressure, the DASH Diet and Weight Loss/Exercise. People are encouraged to self refer into the classes by calling the HAWC or they may be referred by their provider. Call the HAWC to sign up or for more information.



CHAPEL SERVICES

587 Summersill Road, Bldg 16200

Phone: (805) 606-5773 Fax: (805)4808



Worship Schedules

Catholic

Sunday Mass	1000	Chapel 1
Daily Mass (M-F)	1130	Chapel 2
Saturday Mass	1700	Chapel 2

Protestant

Praise and Worship	0830	Chapel 2
General Protestant	1130	Chapel 1
Gospel	1130	Chapel 2

* For other faith group information or concerns, please contact the chapel staff at 606-5773.

* If you have an emergency after duty hours, please call the Command Post at 606-9961.



Events



Catholic Bible Study: Our bible study meets every other Monday at 1900 beginning January 5th at Chapel 3. This study is open for all levels. For more information, please call 606-5773.

Daily Prayer: Every morning from 0715-0725 at Chapel 1. All Vandenberg is invited to pray for our Nation, Troops & Families.

G.I. Java: Enjoy FREE lattes, frappuccinos, sodas, & chips! 1700-2100 in the Delta Dorm. It is a Coffee House atmosphere where you can relax, watch a movie and enjoy a good cappuccino. If you are interested in volunteering from Mon-Sat, call 606-5773.

PYOC (Protestant Youth of the Chapel) – The PYOC meets every week on Thursday's at Chapel 3. Jr. High Youth group meets at 1700 – 1830. Sr. High Youth group meets from 1900 – 2030. For more information, please call 606-5773.



FAMILY SERVICES

723 Nebraska Ave, Bldg 10525

Phone: (805) 606-5484 or 606-4225

Hours: Mon & Fri, 1000-1400
(Closed holidays & military down days)
Volunteer Staffed



Loan Closet Program: A real life saver for those who are inbound, outbound, TDY, visiting, or being visited.

Borrow:

Dish packs	Baking pans	Utensils
Futons	Linens	Towels
Blankets	Coffee pots	Mixers
Toasters	Irons	Ironing boards
Strollers	Car seats	Card tables
Chairs	Lamps	High chairs
Fans	Pack-n-play	Booster seats
And more. . .		

Volunteers Needed! If you are looking for a rewarding way to help our military community, meet other people, and learn about the base and local area, then consider volunteering at Family Services. Just a few hours a week can make a real difference in the lives of our military families. Free childcare for up to 15 hours/month is available for our volunteers. Call 606-5484 or 606-0039 for more information.



Airmen's Attic Program: Donated housewares, furniture, baby items, small appliances, mattresses, and other necessary items to set up housekeeping are available to keep for military personnel E-5 and below. An SW Form 552 obtained from your Unit First Sergeant is required to access the attic. Call 606-5484 for further information. **Donations are always welcome.*

Kids Korner



Playtime for Tots: This playgroup is for parents and their children ages 2 to 5. They meet Wednesday mornings at 1000. This is a time for parents and their children to meet others for free playtime.

Call 606-0039 if you are interested in coordinating this playgroup.

BabyMeet: Are you a pregnant or the parent of a baby between the age of newborn to 2 years? BabyMeet is a playgroup that meets every Tuesday & Thursday, 0900 at the Religious Ed Center, Bldg 16140.

Call 606-0039 if you are interested in coordinating this playgroup.

Pre-School Storytime: Story time is every Thursday at 1000 at the Base Library. Entrance to Story time is at the staff entrance door. There are usually 1-3 stories read and a craft. So that we can have enough supplies, please call the library at 606-6414 to sign-up your preschooler (ages 2-5) for Story time. Walk-ins are more than welcome!

Road Map Exchange: If you are taking a trip, stop by and check out the Road Map Exchange at the Base Library. Do you have any old road maps hanging around from vacations or trips that aren't being used? Bring them to the Base Library! Our map exchange is a take what you need OR leave what you don't want any more. We accept any road map from California's Central Coast to International. We have city, state and country maps for people who are going on vacation, moving, doing research or just curious. We also have a paperback exchange for adults and children? Great for the beach!

Drop-in Day Care: The Child Development Center is open to active duty military, DoD Civilians, and DoD contractors, as well as reservists placed on active duty for training. The CDC has drop-in care for \$3.50 an hour on a space available basis. For more information, call 606-1555.

Family Child Care Providers: The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Call 606-4639 or 606-3255.



~ Library ~

Interested in a book club? A new CGOC Professional Military Reading has started, check with the Library for details. We are seeking facilitators for new groups in Women's Interest, Mystery, Professional Military literature and Adventure. If you are interested in these groups *OR* starting a new one, please call the Base Library.



This telephone story telling service is available 24/7 for children of all ages to hear a story. Stories are usually changed on Fridays, although for holidays and special events, the story may be changed earlier. There is no fee for this service. For any questions or additional information, call the Base Library at 606-6414.

The WIC Office comes to you!



A satellite office of the Women, Infants, & Children (WIC) Program is at the Family Support Center every 4th Thursday of each month from 0800-1600 for Vandenberg personnel who meet program requirements. WIC is a nutrition education program which provides supplemental food for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information contact the Family Support Center at 606-0039 or the Lompoc WIC office at 737-6470 for an appointment.

BIG PLANS are in the works for the coming months at the library. We are planning more craft workshops and classes in computer use such as "Getting started on the Internet" and "How to set up E-mail." We are looking for local "experts" for speaker forums on topic like "How to write and publish your own book." Also, we hope to get some local authors to share their work with us. If you are interested in attending or assisting with any of the above programs, please call 606-6050.

Reading Patch Club meets the last Friday of every month at 5pm at the base library. Dates: 30 April, 28 May and 25 June. Call 606-6414 for more information on how to get involved.

Need a place to hold a club meeting? The Base Library has two conference rooms that are available to hold meetings. There are a few restrictions but there is **NO COST!** Call to book a room at 606-6414.

30th SERVICES SQUADRON

Bldg 11013

Phone: (805) 606-5031

Auto Hobby Shop: (606-6014) Bldg 10260

~ *Auto Skills Classes:* By appointment. Tune-up and maintenance class for non-mechanics and equipment safety classes.



Bowling Center: (606-3209) Bldg 10366

~ *Deployed Spouses Day:* Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. Pre-school age children bowl free with a paying parent.

~ *Airmen's Night:* Thursdays, 1700-2100. Every Thursday night, E-4's and under bowl for just \$1 a game.

~ *Thunder Alley:* Thursdays, 1800-2100, Fridays, 2200-0100, and Saturdays, 2100-2400.



Breakers Dining: (606-7540) Bldg 13330

~ *Deployed Spouses:* Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E-5 and above include surcharge.

Marshallia Ranch Golf Course: (606-6262) Bldg 1338

~ *Youth Golf Lessons:* Saturdays at 1330. For ages 8 and older. Cost is \$5 each session, includes use of rental club set and range balls.



Pacific Coast Club: (734-4376) Bldg 11070

~ *Club Card Drawing:* The drawing is every Friday between 1700 and 2000. \$50 giveaway in each lounge each week. Must be present to win.

~ *Pacific Fried Chicken Night:* Tuesdays, 1700-2000.

~ *Pasta Mania Buffet:* Thursdays, 1700-2000. Children 4 yrs and younger are free, children ages 5 - 11 are half price.

~ *Weekly Lunch Schedule:* Tues—Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wed—Santa Maria BBQ Buffet, Thurs—Chicken and Ribs Buffet, and Fri—Seafood Buffet.



Rod & Gun Club: (606-4560) Bldg 1521

~ *Open Shoot:* Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.

~ *Sporting Clays:* 2nd and 4th Sundays of the month.

Services Center: (606-7976) Bldg 10122

~ *Free Dance Lessons:* Wednesdays, 1830-2100. Learn country-western line dancing.



Skills Development: (606-6438) Bldg 11193

~ *Classes & Workshops:* Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.

Swimming Pool: (606-3581) Bldg 10144

~ *Lap Swim:* Mon—Fri, 1000-1300



Frequently Used Phone Numbers

<i>Chapel</i>	606-5773
<i>Child Development Center</i>	606-1555
<i>Commissary</i>	605-8812
<i>Family Advocacy</i>	606-5338
<i>Family Home Daycare</i>	606-3255
<i>Family Housing Self-Help Store</i>	734-5586
<i>Family Services</i>	606-5484
<i>Family Support Center</i>	606-0039
<i>Fitness Center (Gym)</i>	606-3832
<i>Food Pantry</i>	606-2960
<i>Health & Wellness Center</i>	606-2221
<i>Housing Office</i>	606-3434
<i>Housing Maintenance</i>	734-5586
<i>Information & Referral Line</i>	606-4636
<i>Inspector General</i>	606-2183
<i>Law Enforcement Desk</i>	606-3911
<i>Legal Office</i>	605-6200
<i>Library</i>	606-6414
<i>Life Skills Support Center</i>	606-8217
<i>Military Equal Opportunity</i>	606-0370
<i>MPF/Customer Service</i>	606-7756
<i>Retiree Activities Office</i>	606-5474
<i>Services Center/ Tickets & Tours</i>	606-7976
<i>Visitor's Center</i>	606-7662
<i>Youth Programs</i>	606-2152

Events and Classes

Apr - Jun 2004

Class	Date(s)	Location	Time(s)	POC
Baby Meet	Every Tuesday and Thursday	Religious Education Center	0900	606-0039
Bundles for Babies	9 April and 11 June	Family Support Center, Bldg 10525	1400-1600	606-0039
CAL-VET Home Loan	3rd Friday of the month	Family Support Center, Bldg 10525	1330-1530	606-0039
CSB-REDUX/Career Status	13 May	Family Support Center, Bldg 10525	1100-1200	606-0039
Deployed Spouses Support Group	13 April, 11 May and 8 June	Services Center, Bldg 11013	1130-1230	606-0039
Financial Basics	20 April, 18 May and 15 June	Family Support Center, Bldg 10525	1100-1200	606-0039
Financial Planning	24 June	Family Support Center, Bldg 10525	1100-1200	606-0039
Kids on the Move	18 June	Family Support Center, Bldg 10525	1500-1630	606-0039
Manage Your Move	21 April, 19 May and 9 June	Family Support Center, Bldg 10525	0845-1100	606-0039
Newcomer Orientation	28 April, 27 May and 30 June	Pacific Coast Club, Bldg 11070	0830-1155	606-0039
Operation Baby Launch	2nd Monday of the month	MDG Auditorium, Bldg 13850	1700	606-8217
Personal & Family Readiness Briefings	Daily	Family Support Center, Bldg 10525	1400	606-0039
Playtime for Tots	Wednesdays	Cocheo Park	1000	606-0039 or 606-8217

Connect to www.php-ids.com to obtain the e-Informer, links to all base helping agencies and to register for classes.

* Contact the organization offering the program to register for any classes, workshops, or seminars.

* Dates and times are subject to change without notice.

Events and Classes

Apr - Jun 2004

Class	Date(s)	Location	Time(s)	POC
Pre-School Story time	1, 8, 15, 22 & 29 April 6, 13, 20 & 27 May 3, 10, 17 & 24 June	Library, 10343A	1000	Library 606-6050
Pre Separation Briefing	3rd Tuesday of the month	Family Support Center, Bldg 10525	0800-0900	606-0039
Risk Reduction Series	1 st to 3 rd Thursday of the month	Health & Wellness Center, Bldg 8505	1400-1600	606-2221
Single Parents Support Group	27 April, 25 May and 29 June	Services Center, Bldg 10122	1130-1300	606-0039
Sponsorship Training	27 April, 25 May and 29 June	Family Support Center, Bldg 10525	1500-1600	606-0039
Stress & Self Management	12, 19, 26 April and 3, 10 & 17 May	Health & Wellness Center, Bldg 8505	1400-1600	606-0039
Survivors of Sexual Abuse	Every Wednesday	Family Advocacy, Bldg 13850	1330-1500	606-8217
TAP Seminar	13-16 April, 11-14 May and 15-18 June	Family Support Center, Bldg 10525	0800-1630	606-0039
The Mechanics of Resume Writing	28 April, 20 May and 30 June	Family Support Center, Bldg 10525	0900-1100	606-0039
Thrift Savings Plan	16 April	Family Support Center, Bldg 10525	1100-1200	606-0039
Tobacco Cessation Program	20 April - 25 May and 8 June - 13 July	Health & Wellness Center, Bldg 8505	1200-1300	606-2221
Winning Interviews	21 April, 19 May and 23 June	Family Support Center, Bldg 10525	1300-1500	606-0039
WIC	22 April, 27 May and 24 June	Family Support Center, Bldg 10525	0800-1600	WIC Office-Lompoc 737-6470
Women's Group	Every Tuesday	Family Advocacy, Bldg 13850	1400-1600	606-8217

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